



## Carbon-Monroe-Pike Mental Health/Mental Retardation Program

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Sheila Theodorou, Administrator

### Early Reminder and Invitation

**Mark your calendars!** May is Mental Health Awareness Month. This May marks the 11<sup>th</sup> annual Mental Health Awareness Walk sponsored by the Carbon-Monroe-Pike Mental Health/Mental Retardation Program (MH/MR) and the Community Support Programs (CSP) of Carbon, Monroe and Pike Counties. Last year a record number of walkers participated in the walk, and we are continuing to strive to exceed that number this year. CSP has chosen the following slogan for the 2011 walk.

***“RECOVERY is a journey that starts with a single step”***

**The walk is scheduled for Friday, May 20, 2011. We are expecting participants to arrive at 10:00 A.M. at the New Hope Recovery Work Center located at 801 Main Street, Stroudsburg, Pennsylvania.** Between 10:00 and 10:30 everyone will pick up their shirts and water bottles for the walk. At 10:30 Sheila Theodorou, CMP MH/MR Administrator, and State Representative Mario Scavello will provide welcoming remarks. The walk will begin at 11:00. The walkers will proceed east on Main Street in Stroudsburg, over the Inter Borough bridge, onto Washington Street to Dansbury Park in East Stroudsburg. There will be police assistance at street crossings. The walk is 1.3 miles long. For those persons who are unable or elect not to walk, please come to the pavilion at Dansbury Park in East Stroudsburg at approximately 12 noon.

Lunch will be provided at the pavilion located in Dansbury Park in East Stroudsburg.

The purpose of the walk is to combat stigma that persists and negatively impacts persons with mental illness. These perceptions often lead to isolation and denial of the illness. The Mental Health Awareness Walk is an opportunity for individuals, families, advocates, and the community to come together to dispel the myth of mental illness, heighten awareness of attitudes and stereotypes/prejudices, and promote wellness and recovery. Please join us in celebrating our many avenues of Recovery.

If you would like to speak at the walk or if you would like additional information, please contact Norma Swint at 570.420.1900, ext. 3411.

We hope that you will attend and support our efforts and celebrate our many successes.

Sincerely,

Norma J. Swint L.C.S.W.

CHIPPS Coordinator – CMP MH/MR